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What is claimed:

1. A no-rub cleaning and disinfecting solution comprising an effective amount of an antimicrobial, a cleaning solution together with an effective amount of an osmolyte that increases osmolality of the total solution to enhance the cleaning efficacy of the solution without adversely affecting the antimicrobial efficacy of the solution.
2. The solution of claim 1 wherein said osmolyte has a molecular weight of from about 30 to about 1000.
3. The solution of claim 2 wherein said osmolyte has a molecular weight of from about 40 to about 500.
4. The solution of claim 3 wherein said osmolyte has a molecular weight of from about 58 to about 500.
5. The solution of claim 1 further comprising two or more osmolytes having a weighted average molecular weight of from about 58 to about 500.
6. The solution of claim 1 having an osmolality of at least 300 mOsm/kg.
7. The solution of claim 6 having an osmolality of at least 400 mOsm/kg.
8. The solution of claim 7 having an osmolality of at least 500 mOsm/kg.
9. An aqueous solution for effectively clearing contact lenses without rubbing comprising:
 - a) from about 0.01 to about 15 weight percent of a poly(oxypropylene)-poly(oxyethylene) adduct of ethylene diamine having a molecular weight from about 7500 to about 27,000 wherein at least 40 weight percent of said adduct is poly(oxyethylene);
 - b) an effective amount of at least one antimicrobial; and
 - c) at least one tonicity adjusting agent in concentration sufficient to enhance the cleaning properties of the solution without adversely affecting its antimicrobial efficacy.
10. The composition of claim 9 wherein said osmolyte has a molecular weight of from about 30 to about 1000.
11. The solution of claim 10 wherein said osmolyte has a molecular weight of from about 40 to about 800.

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12. The solution of claim 11 wherein said osmolyte has a molecular weight of from about 58 to about 500..
 13. The composition of claim 9 wherein the molecular weight of the adduct is from about 10,000 to about 20,000 and from about 40 to about 80 weight percent of the adduct is poly(oxyethylene).
 14. The composition of claim 13 wherein the molecular weight of the adduct is from about 12,000 to about 19,000 and from about 60 to about 80 weight percent of the adduct is poly(oxyethylene).
 15. The composition of claim 14 wherein the adduct is present in an amount from about 0.1 to about 5 weight percent.
 16. The composition of claim 9, including a buffering agent.
 17. An aqueous composition for inhibiting the formation of tear film deposits on contact lenses, consisting essentially of:
 - a) at least 0.01 weight percent of poly(oxypropylene)-poly(oxyethylene) adduct of ethylene diamine having a molecular weight from about 10,000 to about 20,000 wherein at least 40 weight percent of said adduct is poly(oxyethylene);
 - b) a germicidal agent in a sufficient amount to preserve the sterility of the composition; and
 - c) a tonicity adjusting agent in concentration sufficient to enhance the cleaning efficacy of the solution without inhibiting the antimicrobial efficacy of the solution.
 18. The composition of claim 17 wherein the molecular weight of the adduct is from about 12,000 to about 19,000 and at least 60 weight percent of the adduct is poly(oxyethylene).
 19. A no-rub method for cleaning and disinfecting contact lenses comprising the steps of exposing said contact lenses to an aqueous solution containing an effective amount of an antimicrobial, an effective amount of a cleaning agent and an effective amount of an osmolyte that increases osmolality of the total solution to enhance the cleaning efficacy of the solution without adversely affecting the antimicrobial efficacy of the solution.